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U. S. DEPARTMENT OF AGRICULTURE

Friday, October 4, 1929.

Housekeepers' Chat

Not for Publication

Subject: "Veal Loaf for Sunday." From Bureau of Home Economics, U. S. D. A,

Bulletin available: "Aunt Sammy's Radio Recipes."

--ooOoo--

"What shall our Sunday dinner be? A good veal loaf, and a cup of tea. There-- how's that for poetry?" asked my Next-Door Neighbor, as she entered my kitchen last night. She found me in a brown study--I get that way sometimes, when work piles up.

"I know," said my Next-Door Neighbor, "that you have been very busy lately, what with unexpected company and all, so I said to myself: 'I'll plan a dinner for Aunt Sammy, in return for past favors. So here you are--menu, recipes, and everything. That is, everything but a color scheme. I'm not sure what flowers you'd serve with a veal loaf. Any special kind?'"

"Don't be facetious," I pleaded, "at such a serious moment. And thank you ten times more than once, for the menu, and your veal loaf. I couldn't think of a single dish, that we haven't had lately. But a Veal Loaf--ah, that is something to write home about! What else are you suggesting, for Sunday dinner?"

"Baked tomatoes," said my friend, "and stuffed eggplant, watermelon pickle, and a dessert of canteloupe, with lemon ice, or vanilla ice cream. Do you think this menu will please your radio audience?"

"Of course it will. Especially since you have included your own special recipe of veal loaf; it's the best recipe I know of. Do you remember the day you had some veal loaf left over from dinner, and we had it for supper, sliced cold?"

"Yes, said my Neighbor, "and I have often used it in picnic menus, sliced cold. Here are my recipes, Aunt Sammy and now I'll bid you farewell, and waste no more time in idle talk. See you tomorrow."

Maybe you think I wasn't glad to have my Neighbor plan a menu, and include her best recipes. She's a mighty good neighbor to have--sometimes when I'm so busy I think I just can't get all my work done, in she comes, and helps me out. Neighbors like that are a real treasure.

Now, if you'll take your paper and pencils, we'll get down to business. First, we'll write the menu: Veal Loaf; Baked Tomatoes; Stuffed Eggplant; Watermelon Pickle; and Canteloupe with Lemon Ice or Vanilla Ice Cream.

The recipe for veal loaf is a rather long one--eleven ingredients--but it is an excellent one to have. Eleven ingredients for veal loaf:

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4 cups ground raw veal	1/4 cup chopped onion
1 cup finely diced salt pork	1 cup fine dry bread crumbs
1-1/2 cups milk	2 teaspoons salt
4 tablespoons flour	1/8 teaspoon pepper, and
1/2 cup chopped celery	1/8 teaspoon celery seed
1/2 cup chopped parsley	

Eleven ingredients, for Veal Loaf: (Repeat.)

Fry the salt pork until it is light brown and crisp. Remove the pieces from the pan. Make a white sauce of the milk, flour, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes, in the rest of the pork drippings. Add to this the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350°F.) for 1-1/4 hours. Do not cover the pan, and do not add water to it. Much better results are obtained by making the meat loaf in this way, than by packing it into a smaller pan and baking it like a loaf of bread.

Remove the loaf from the paper and serve hot, or chill it and serve in thin slices with parsley or watercress garnish.

Next on our menu come baked tomatoes. You won't need a recipe for this simple dish. Just cut the tomatoes in half, place them in a shallow baking dish, cover them with buttered bread crumbs which have been seasoned with salt and pepper. Then add a little water to keep the tomatoes from sticking to the dish. Bake in a moderate oven.

Now, if you aren't too tired to write another recipe, let's write the one for stuffed eggplant--it's another excellent one to have in your radio notebook. Seven ingredients, for stuffed eggplant:

1 large eggplant	1 tablespoon minced onion
3 tablespoons melted butter	1 cup tomato pulp
or bacon fat	1 teaspoon salt
1-1/4 cups dry bread crumbs	Pepper

Seven ingredients--let's repeat them: (Repeat).

Wash and cut the eggplant in half lengthwise. Remove as much of the white portion as possible without breaking the shell, cut the pulp into small pieces, cook in a small quantity of hot water for 10 minutes, or until tender, and drain. To the melted butter or bacon fat add the bread crumbs, stir until well mixed, and reserve some of the crumbs for the top. To the remaining crumbs add the other ingredients and the eggplant pulp, and cook for 5 minutes. Fill the eggplant shells with this hot mixture, sprinkle the top with the buttered crumbs, place in a shallow baking dish, pour a few tablespoons of hot water around the shells to keep them from sticking, and bake in a moderate oven until the crumbs are brown. Serve in the baking dish.

That's all for today--after we repeat the menu: Veal Loaf; Baked Tomatoes; Stuffed Eggplant; Watermelon Pickle; and Cantaloupe filled with Lemon Ice, or Vanilla Ice Cream.

There'll be another menu on Monday--so come prepared.

